

Senior Nutrition

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Donated Phones Help Feed Seniors

Meals On Wheels has teamed up with Project RE-cell, a Boise based company that works with non-profit organizations to help them earn money through the collection of used cell phones. The funds will be used to provide daily, hot, nutritious meals to homebound seniors in Ada and Elmore Counties.

"We're excited about this partnership," said Angela Spain, Senior Nutrition Program Manager at Central District Health, "because the project helps us feed over 500 seniors a day in our community and at the same time, keeps used cell phones out of our landfills."

Project RE-cell will donate up to \$300 per phone, depending on the model, condition and age of the phone. Even if the phones can't be refurbished, Project RE-cell will donate \$1.05 a pound for phones that are then melted down. Phones are being collected by the Meals On Wheels program located at Central District Health Department at 707 N. Armstrong Place in Boise. A drop box is available at the front door.

"We'd also like to encourage businesses to collect phones for Meals On Wheels at their own locations," said Spain. "Project RE-cell has arranged for United Parcel Service to pick up the phones at no cost to the business," she said. Businesses can call Norma Russell at (208) 327-7460 for more information.



Shannon Leslie with Construction Managers
presents Angela Spain with cell phones..

Rotary Roses Delivered For Mother's Day



Thanks to the Boise Rotary Club, Mother's Day was a special event for the ladies on the Meals On Wheels program in Ada County. The Rotary Club donated 380 individually packaged roses for distribution to the women in the Senior Nutrition Program. The roses were distributed May 12 along with the meal deliveries.

According to Robert Vande Merwe, of the Boise Rotary, he loves making the deliveries, "because it's fun to meet the ladies and it brightens our day too." He also said that it is a way for their group to recognize mothers and women. "It's just our small way of honoring those women who made our society better."

Robert Vande Merwe of the Boise Rotary Club presents a rose to Donna Jolly of Boise for Mother's Day, May 12. Meals On Wheels drivers Ron and Carol Ponches share in the experience.



SENIOR NUTRITION PROGRAM

Meals On Wheels
707 N Armstrong Pl
Boise ID 83704 • 327-7460

Angela Spain
Program Manager
327-8544

Cheryl Johnson
Comm. Meals Services Supervisor
327-8552

Norma Russell
Administrative Assistant
327-7460

DINING SITE LOCATIONS:

(Meals served at noon)
Star Senior Center
Wed & Fri
102 S. Main Street
Star, ID 83669
286-7943

Garden City Senior Center
Wed & Fri
3858 Reed
Garden City, ID 83714
336-8122

Mt. Home Senior Center
Mon, Wed, Fri
1000 N. 3rd, East
Mt. Home, ID 83647
587-4562

Glenns Ferry Senior Center
Mon, Tue, Thu
510 E. Cleveland
Glenns Ferry, ID 83623
366-2051

Boise Senior Center
Mon thru Fri
690 Robbins Rd.
Boise, ID 83702
345-9921

Kuna Senior Center
Mon, Wed, Fri
299 Avenue B
Kuna, ID 83634
922-9714

Meridian Senior Center
Mon thru Fri
133 Broadway
Meridian, ID 83642
888-5555

Samaritan Village Apts.
Mon thru Fri
3350 Collister
Boise, ID 83703
343-9504

Northgate Senior Village
Mon thru Fri
5901 Ellens Ferry Way
Boise, ID 83703
853-8448

Eagle Senior Center
Tues & Thurs
312 E. State St.
Eagle, ID 83616
939-0475

Volunteer Spotlight

John Boogman

When John Boogman retired from his job, he worked awhile around the house and yard and got it in shape, and then he got bored.

Thanks to an announcement asking for volunteers to help deliver meals for the Meals On Wheels program in the newspaper, he got busy again and is far from being bored.

John started with the program in October 2005 and at that time, delivered meals for three different routes. He now delivers meals twice a week to 26 clients and often fills in when a driver can't make it during the week.

"I really enjoy talking with the ladies," he said. "I've gotten really attached to them and I enjoy seeing them once a week and checking to see how they're doing. Sometimes we're (the drivers) the only person they see all week," he said. John said he probably spends a little longer than he should at each home, but he wants to make sure their needs are being met, whatever the needs may be.

On one of his visits, he had a client mention to him that she missed sweets, especially pie. "So the next day, I put a piece of pie on a plate and sat it in front of the door, rang the bell and hid. She came to the door and was so excited," he said. She then hollered out, "Okay John, I know you're hiding somewhere. Where are you?"

John said it's little events like this and the folks he serves that makes his volunteering so much fun and keeps him going week after week.

If you're interested in becoming a volunteer Meals On Wheels driver, please contact Cheryl Johnson at 327-8552. Another great way to help the program, is to sign up a team of co-workers so you can share a delivery route.



John Boogman



Michelle Hicks, HR Communication Coordinator for Micron passes the duties of scheduling Meals On Wheels delivery routes to Kathryn Acosta. For the past six years, Michelle has been overseeing approximately 70 employees who volunteer to deliver three routes a week to 33 Meals On Wheels clients. Thank you Michelle and Micron for all your help!

NOTABLE NEIGHBORS

The West Valley Little League All Stars of Eagle and their coaches recently delivered a meal to Ray Shatto. (Shown here with his dog Teddy.) According to head coach, Antonio Roque, the coaches and the boys' parents wanted to teach them more than just baseball as a team. "We wanted to teach them how to support their community and we thought Meals On Wheels would be a good fit for the boys," he said. The boys enjoyed delivering the meals so much; they delivered an entire route and brought lots of smiles to those they visited.



Thank You For Your Donations!

Juanita F Adams
 Timothy Adams
 Charles & Tiffany Albanese
 Lt. Col. Stanley &
 Mrs. Anderson
 Lorraine Andre
 E M Armstrong
 Katherine Armstrong
 Donna Aulbach
 David & Marlene Barber
 Lawrence & Margaret
 Barningham
 Dorothy Bastian
 Lois Bastida
 Janet Bell
 Stan & Ann Bell
 Brad & Renee Bergquist
 John & Catherine Bishop
 John & Jacqueline Blake
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 Robert Fouts
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 Mary K Hess
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 Hometown Super Saver
 Chet & Stephanie Hoseley
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 Glenn Overacre
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 Ernie & Amelia Perkins
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 Lisa & Richard Peterson
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 Mark St Clair
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 Scott & Sandra Stewart
 Suds Tavern
 Patricia Swenddal
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 Treasure Valley United Way
 Norman & June Trimmell
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 Hal & Jean Turner
 Joseph & Phyllis Ungerer
 United Water Idaho
 Jolene Uyeki
 Gregory & Shirley Vaughn
 Felipe Villegas
 Casilda Voorhees
 Billey Ward
 C E & Mary Ann Wartman
 Dale & Janene Welch
 Karen & Kyle White
 Carol Wilke
 John & Kimberly Wilson
 Tempra & Daniel Wilson
 C & R Wilt
 David & Cindy Wong
 Bruce & Janice Wong
 Virginia Woolley

RISE IN WEST NILE CASES OF SPECIAL CONCERN TO SENIORS

The state of Idaho leads the nation in the number of West Nile Virus cases and health officials are concerned about the effects the disease may have on senior citizens.

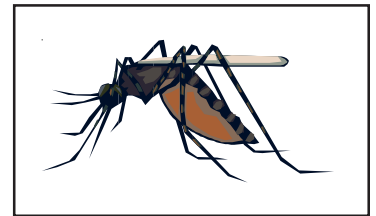
“West Nile Virus can affect anyone, but those over the age of 50 are more likely to suffer serious health problems,” said Central District Health Department Epidemiology Manager Nikki Sakata. “The elderly need to make a special effort to avoid getting bit by mosquitoes.”

About 80-percent of the people bitten by infected mosquitoes will experience no symptoms or only very mild ones. About 20-percent of the cases will result in West Nile fever whose symptoms can include fever, headaches, fatigue, malaise, nausea, vomiting and sometimes swollen lymph glands or a skin rash.

In less than one-percent of the cases, typically among those over the age of 50, the most serious form of the disease results. Symptoms of this form of the disease, sometimes called the neuroinvasive form, may include high fever, headache, neck stiffness, stupor, disorientation, muscle weakness and paralysis, and in rare cases, death.

Health officials urge people to protect themselves from all mosquito bites. The precautions include:

- Insect-proof homes by repairing or replacing screens;
- Reduce standing water on property that provides mosquito breeding habitat, such as bird baths and decorative ponds;
- Cover up exposed skin when outdoors;
- Apply insect repellent approved by the EPA to exposed skin and clothing. Follow instructions on the product label, especially for children;
- Avoid mosquitoes when they are most active at dawn and dusk.



For more information on West Nile Virus call the Central District Health Department at 375-5211 or visit www.westnile.idaho.gov or the CDHD website at www.cdhd.idaho.gov.



Helen Jones of the Fraternal Order of Eagles, Auxiliary 115, presents a check in the amount of \$950.00 to Jeannette Tanner, Food Services Operation Manager.

The Fraternal Order of Eagles, Boise Auxiliary 115 donated \$950 to Meals On Wheels May 2006. According to Helen Jones, Junior Past President, the ladies of the auxiliary hold various fundraisers throughout the year and present several humanitarian awards to various groups each year.

“Our motto is “People Helping People”, said Jones. “Some of our members have had parents who have been Meals On Wheels clients and we just wanted to help out the program,” she said.

The donation amount given equates to an additional 190 meals for the Meals On Wheels Program, according to Jeannette Tanner, Food Services Operation Manager.

Girl Scouts Give Cookies

Girl Scouts of Mountain Home Air Force Base donated 228 boxes of Girl Scout cookies to Meals On Wheels of Mountain Home and Glenns Ferry as a *Gift of Caring* service project.

The girls collected the cookies by asking customers if they would like to donate some of their change or buy an extra box of cookies for Meals On Wheels. “The cookies are a much appreciated treat as our budget does not allow for many desserts,” said Patty Jones, Senior Cook at Mountain Home and Glenns Ferry Senior Centers.

When asked what their favorite part of the service project was, the girls said it was knowing that they were helping other people.

The troops that donated boxes were: Brownie Troops 183 and 525; Junior Troops 38 and 171; and Senior Troop 45.



Members of the local Girl Scout troops donated cookies to the Meals On Wheels program.
Photo: Courtesy of the Mountain Home News

Recipient Spotlight

Mary Ann McConnell

Mary Ann McConnell waits patiently in her easy chair for the Meals On Wheels delivery as do those seated at the table. However, the guests seated at the table won't be eating today or any day for that matter. The four large dolls just provide constant companionship for Mary Ann as do the approximately 150 other dolls in her collection.



Mary Ann McConnell

"I thought it would be fun to have them sitting at the table as though they were waiting for a meal," she said. A large dollhouse she made herself sits in the middle of the table as the main centerpiece.

"I started collecting a few dolls after my husband died and then family and friends started getting them for me for birthdays, Christmas and special occasions," she said. "I stopped counting after I reached 150."

Mary Ann said she likes the meals, "especially the fried chicken, but all the meals taste so good." She said she also enjoys the drivers who deliver the meals. "They're all very friendly and it's nice that they take the time to visit a little bit."

Mary Ann is like a lot of the more than 500 Meals On Wheels clients in Ada and Elmore counties. Maybe you know someone who would qualify for the program. Have them call 327-7460 to get enrolled.

Birthday Girl!



Alberta Stewart 100 years old



Happy 100 years to Alberta Stewart of Boise! Alberta celebrated her birthday June 7, 2006. She has been receiving meals for the last eight years and is currently the oldest client receiving Meals On Wheels.

Meals On Wheels Program Board of Directors

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Thank You

From William Crumrine

It's always nice to get a "pat on the back" for a job well done and it's even sweeter when you receive a personal note.



In this case, William Crumrine, who has been receiving Meals On Wheels for six years, felt compelled to send a letter to the Idaho Statesman expressing his appreciation for the Meals On Wheels program. The following is the letter submitted to the paper in May. Thank you William!

Meals On Wheels volunteers have delivered meals to my residence since August 2000. I wish to thank each and every one of them involved in the organization. I consider them all my friends, not one complaint; I have praise for them. I enjoy seeing them arrive and have a few words in their busy schedule for the homebound. It makes my day, better bet on that. I understand completely, as many others do, it is worthwhile, as many know and a much-needed effort.

Thanks – William B. Crumrine, Boise

From Ed & Jody Roberts

This program has literally saved our lives! The food is good, portions are ample, drivers and delivery people are very gracious and helping – always concerned for their patrons. This is our main, warm meal of the day. The Meals On Wheels program is truly magnificent and one of the best ideas that Idaho Government has ever had! Our best and compliments to all!





Central District Health Department
Senior Nutrition
707 N. Armstrong Pl.
Boise, ID 83704-0825

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The Cheesecake Factory Very Grand Opening Event Benefits Meals On Wheels and Life's Kitchen

The Cheesecake Factory is coming to the Boise Towne Square Mall this fall and the grand opening celebration will benefit the Meals On Wheels program and Life's Kitchen. The two food-related organizations have teamed up to sell 500 tickets to the **November 18th** Very Grand Opening event. A ticket to the event will provide attendees with a wide variety of food and drinks from the more than 200 menu items offered by the Cheesecake Factory.

If you're unfamiliar with the Cheesecake Factory, it can best be described as a unique, upscale casual dining restaurant offering menu selections including appetizers, pizza, pasta, seafood, steaks, salads, sandwiches, and desserts. As the name implies, the menu at The Cheesecake Factory features more than 40 delicious cheesecakes and desserts including the Godiva Chocolate Cheesecake.

Tickets for this exclusive event are \$50 and will go on sale soon, but you can reserve yours now by calling 327-7460.

